



FANTINO BOOTED OFF PORTFOLIO

HARPER QUIETLY ENDS CONTROVERSY-PLAGUED TENURE OF VETERANS AFFAIRS MINISTER **PAGE 6**



Resolving to get healthy

A look at natural food trends, plus tips for a post-holiday cleanse **PAGES 13 & 14**

Dentistry students get suspension

Protesters say those involved in Facebook group that degraded women should be expelled **PAGE 7**



Team Canada's Anthony Duclair celebrates his goal against Team Russia during the first period of the gold-medal game at the IIHF World Junior Championship in Toronto on Monday. For more coverage, see page 16. FRANK GUNN/THE CANADIAN PRESS

Canada wins gold over Russia

Sweet victory. Sens rookie Curtis Lazar leads team to its first WJHC victory since 2009



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Monday night's 5-4 victory over Russia was a double win for Ottawa fans as Sens rookie Curtis Lazar captained Team Canada to its first gold medal since 2009 and made his mark this year at the World Junior Hockey Championships.

After being held off the score sheet in Canada's opener against Slovakia on Boxing Day, Lazar was a force on the ice leading up to the final — netting five goals and an impressive nine points in six games playing alongside OHL phenom Connor McDavid and naturally gifted goal scorer Nic Petan.

It's everything the Senators could have hoped for when

they made the decision to loan their top prospect to Team Canada for the tournament: the young centreman kick-started his offence and gained leadership experience.

"In Curtis' junior career, he always was a top-six player," said Sens head coach Dave Cameron, briefing reporters prior to Monday night's gold-medal tilt versus the Russians.

"When he came to us he was a bottom-six player, so you play less of a role up here. You're not in as many big moments, power play, penalty kill, whatever.... He's gone back there to get that pressure, to be able to deal and play under that pressure with top-six minutes."

The Team Canada captain became the mature, calming presence on the offensively minded McDavid-Petan line.

Win or lose, TSN 1200 host AJ Jakubec says Lazar already did what he was supposed to do.

"They wanted him to come down and play a leadership role on a good Canadian team

and play with McDavid and hopefully score again and be an offensive producer again, and he has done just that," said Jakubec. "From the Senators' standpoint, from Curtis Lazar's standpoint, I don't think it could have gone any better."

With everything on the line, Monday's gold-medal match against the Russians was the biggest game of Lazar's career to date. The experience alone will be a huge boost for both Lazar and the Ottawa Senators down the road.

"He is going to be better from the experience," added TSN 1200 host Steve Lloyd. "Maybe a bit of a kick-start for him mid-season in his first pro season; he comes back with a little bit more offensive confidence."

Cameron told reporters Monday that Lazar will make the trip with the team to Philadelphia but won't play Tuesday's game against the Flyers.

He will likely be back in the lineup sometime during the team's four-game road trip this week.



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Golden opportunity

220 expected at Girls HockeyFest

Two-time Olympic gold medallist Cassie Campbell-Pascall is inviting up-and-coming female hockey players to train with her.

More than 220 girls are expected at the Scotiabank Girls HockeyFest on Sunday from 10 a.m. to 6 p.m. at the Canadian Tire Centre.

The event is free and open to girls aged 7-12.

LUCY SCHOLEY/METRO

Pan Am Games

Ottawa looking for torchbearer

Ottawa needs someone to carry the torch for the Pan American/Parapan American Games and wants to hear your nominations.

The torch will travel through Ottawa on its route from Mexico to Toronto, and the city is accepting nominations until Jan. 18. Whoever is selected must be at least 13 years old, a Canadian citizen or legal resident and a community leader, celebrity or role model. LUCY SCHOLEY/METRO

Freezin' for a Reason

Polar plunge to raise funds

A polar-plunge fundraiser will kick off the 2015 Special Olympics Floor Hockey Championship, which will take place at Carleton University from May 7-10.

Leading up to the event, the first annual "Freezin' for a Reason" will take place at the stadium at TD Place on Feb. 21 from 9 a.m. to 1 p.m. You can sign up at bit.ly/1zPft18.

LUCY SCHOLEY/METRO

War Amps helps Ottawa boy keep playing hockey



Gabriel Ferron-Bouius, 11, seen untying his skates after a hockey game in December, uses an artificial leg to play hockey after he had his right ankle and foot amputated as a baby. CONTRIBUTED

Gabriel Ferron-Bouius.

11-year-old defied the odds and became an athlete after having his foot amputated when he was a baby



JOE LOFARO
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When he was born, Gabriel Ferron-Bouius was missing his right fibula, so his parents made the decision to have his right ankle and foot amputated in order to avoid multiple complicated surgeries that had only a 50 per cent chance of success.

Defying all odds, the young Ottawa boy started skating before he was two years old and took up competitive hockey at the age of nine with the help of an artificial limb.

But as he grew taller, playing hockey with his everyday prosthetic became more difficult.

So the War Amps donated a recreational leg that was tweaked to be more versatile inside his skate.

The nearly 100-year-old association covered the full cost of the leg through the Child Amputee Program, which is marking its 40th anniversary this year. Artificial limbs can cost anywhere from a few thousand dollars to tens of thousands of dollars.

Now 11 years old, Ferron-Bouius says he is a more "fluid" goalie for the Ot-

Quoted

"I really like it. It helps me do goalie moves that are very important and very simple.... It allows me to compete."

Gabriel Ferron-Bouius, 11, on playing hockey with an artificial leg donated by the War Amps' Child Amputee Program

tawa Sting Minor Pee wee A team because of the recreational leg — and, of course, a better player, too.

"I really like it. It helps me do goalie moves that are very important and very simple, but you need to be able to execute them properly. So with that device, it allows me to do that," he said. "They really helped cover the costs for everything. It allows me to compete."

His mother, Aimee, said he is at an obvious disadvantage in sports, but he doesn't see it that way.

Since he was a child, he has always remained optimistic and overcome barriers placed in front of him instead of dwelling on things that come easier to other kids.

"He's always been a glass-half-full. He's a very positive kid. He pushes himself; it just comes naturally. Some kids are just that way. It's never occurred to him that he can't do something," she said.

Aimee said she would like to think it was good parenting that made him such an optimist, but it's just how he's always been, she said.

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Regional ski hills finally get the weather they want



Wakefield snowboarder Phil Benard tries to get some air off a small jump at Ski Vorlage on Monday.
TREVOR GREENWAY/METRO

'Things are looking better.' Wild temperature swings have wreaked havoc



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It has been a rough start for local ski hills trying to get skiers and boarders onto the slopes, with mild temperatures, freezing rain and now a deep freeze keeping downhillers away.

But with substantial snow on the ground and forecasts of a cold snap lasting the next couple weeks, Ski Vorlage general manager Peter Reynolds isn't too worried.

"We are low, as everybody else is, but we have got some

snow now and the weather looks good," said Reynolds on Monday morning. "Things are looking better for sure. We had green grass growing last week, and now it's all covered in snow, so that's good."

It was looking like area hills were going to get a head start on the season this year with a big mid-December dump that put everybody into ski mode. But by Christmas day, the hill looked like it was melting toward spring.

"We had lots of snow, we had three runs open and one chair in mid-December and then, bingo, the rain came along and washed it all away," said Reynolds. "We still had the three runs, but it really slowed down the opening of more runs. It wasn't gloom and doom, but it could have been a lot better."

The hill only has about 50

per cent of its runs open, but that didn't stop Ottawa skier Tom Hoey from making the trek up to Wakefield for a morning ski.

With a slow start to the season, Hoey won't let much get in the way of him catching up with his weekly skiing routine — not even when it's below -20 C, as it was Monday morning.

"It's crazy, but you have got to love it," said Hoey. He said he would have typically been out at least a handful of times already, but Monday was his first day on the slopes. "You have got to make friends with winter, otherwise it will be a long season."

Vorlage has its snow guns going full tilt, and Reynolds says conditions are "excellent." He hopes to have the entire hill open sometime this month.

Ottawa shelters offer warmth amid deep freeze

It's close to -20 C, and Frédéric Allard is having a smoke outside the Ottawa Mission.

His fingers dart out of his jacket sleeve to take a puff before reversing back into their shells, but he isn't cold. He's bundled up in a tuque, boots and a warm winter jacket. He doesn't have much, but he's grateful for the few things he does have on this chilly January day.

"I am dressed well here," he says, showing off his new grey tuque he recently got from the mission. "They give you tuques

made of wool, so it's warm. At the Mission, you can go in and they serve coffee and there is a place to keep warm."

Allard has only been on the streets for about a year but he knows what it's like to be homeless in the cold. He spent a full night on the streets last year when it was -20 C and said he didn't get much rest.

"If it wasn't for this place, I would probably die of the cold," he says.

That's something Ottawa Mission spokeswoman Shirley Roy says she hears all too

often. Her shelter on Waller Street has all 235 beds taken up, with others sleeping on floor mats.

"Nobody is turned away, even if our beds are full," said Roy, adding the Mission works with the Shepherds of Good Hope and the Salvation Army to ensure nobody has to sleep outside when temperatures drop.

Almost equally important as having a warm place to sleep is getting a hot meal.

"We always have soup and salad," said Roy, "but the kitch-

en team always tries to prepare something hearty — like lasagna or mashed potatoes — that really helps to sustain somebody on a cold day like today."

The Mission and other Ottawa shelters are at capacity and have been since before the deep cold hit the city.

But Roy is expecting a challenging week with temperatures set to dip to -31 C by Thursday.

The Mission is still seeking winter clothing donations.

TREVOR GREENWAY/METRO



The Ottawa Mission is trying to accommodate as many people as possible, as temperatures are set to dip below -30 C this week. TREVOR GREENWAY/METRO

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Ottawa startup 3Dponics, which creates 3D-printable hydroponics systems such as this one using recycled pop bottles, will be featured at this year's International CES. CONTRIBUTED

New frontier of gardening

3Dponics. Ottawa 3D printing company with a green thumb headed to premier tech trade show

A 3D-printable gardening tool could take off in classrooms and land in space if Michael Golubev has his way.

But first, the urban farmer and CEO of Ottawa startup 3Dponics Inc. is flying to Las Vegas for the International CES, where he will show how his hydroponics system works as a teaching tool.

Instead of hoes and soil, the 3Dponics veggie-growing system requires empty plastic bottles, a water jug, bamboo sticks, an air pump, zip ties, rubber tubing and, of course, a 3D printer.

The printable parts of the hydroponics system include sprinkler heads, clips, conduits and nozzles. The designs are downloadable on the company's website.

Initially, 3Dponics was geared toward the average green-thumbed apartment dweller with no room to grow their own veggies. But as Golubev started exhibiting the product at fairs, he found educators were especially inter-

ested.

"A lot of schools are starting to get on board with 3D printers and they don't know what to do with them," he said.

With the growing market in classrooms, Golubev said he's hoping 3Dponics will nurture the gardener in students.

And as space exploration progresses, Golubev said 3D printers will provide an inexpensive way of growing vegetables or building houses on Mars.

"It sounds like science fiction but it will happen," he said. "Maybe not next year but eventually, and we're just kind of preparing for that."

A snowstorm kept Golubev from flying to the CES last year, but this year he's hoping the nasty weather will stay away long enough for him to land in Las Vegas and participate in a panel about the future of 3D printing. The owner of what he calls a "small and humble" Ottawa company will be sitting beside a senior vice-president with Staples and the CEO of multinational 3D-software company Autodesk.

Last year's CES drew 3,673 exhibitors and more than 160,000 people.

This year's event runs Jan. 6 to 9.

LUCY SCHOLEY/METRO

Development

Deadline for LeBreton Flats proposals looms

Designers with a vision for LeBreton Flats have until Wednesday at noon to submit their ideas.

After a "greater expression of interest than expected," the National Capital Commission (NCC) delayed its deadline for proposals by about a month.

The NCC's request is broad. It's seeking "innovative proposals" that pitch a "bold, new anchor institution" for the land. It's offering up 9.3 hectares, with an additional 12.3 hectares if needed.

After the NCC narrows down the proposals to a short list, those selected will be invited to submit a more detailed design and budget. The public will then be able to see the proposals.

So far, the Ottawa Senators have announced they will

submit a plan for a new NHL arena on the land.

LUCY SCHOLEY/METRO

Police

Hiring freeze to be re-examined: Chief

After a record 49 shootings throughout the capital in 2014, Ottawa Police Chief Charles Bordeleau said he will re-evaluate a five-year hiring freeze that was put in place in

2010.

Responding to criticism the force isn't properly equipped to take a more proactive approach to shootings, Bordeleau said the force has had some success in major anti-gang projects such as Calamity and Karma, as well as the recent arrest in the Boxing Day shooting at Tanger Outlet mall.

Even though there is a freeze on new hires, members who retire are being replaced, said Bordeleau.

JOE LOFARO/METRO



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Associate Minister of Defence Julian Fantino waves as he leaves Rideau Hall in Ottawa on Monday. In a quiet ceremony, Fantino was replaced as Veterans Affairs minister by Erin O'Toole, a southern Ontario MP and former member of the Royal Canadian Air Force. SEAN KILPATRICK/THE CANADIAN PRESS

Fantino out as the veterans minister

Veterans Affairs.

Erin O'Toole appointed as replacement, but Fantino stays on cabinet as junior minister

After an 18-month tenure marred by controversy, confrontation and cries of incompetence, Julian Fantino has been booted out of the Veterans Affairs portfolio.

In a quiet ceremony Monday at Rideau Hall, Prime Minister Stephen Harper replaced Fantino with Erin O'Toole, a southern Ontario MP and former member of the Royal Canadian Air Force.

Fantino, a former police chief who represents strategically important Vaughan, north of Toronto, remains in cabinet as associate minister of defence in charge of procurement.

After the ceremony, Fantino didn't speak to reporters other than to offer New Year's greetings. But in a written statement, he later defended both his own record and that of the government in their treatment of ex-soldiers.

"Each and every day that

I served at Veteran Affairs, I was guided by a firm belief that government must stand by those who have served and continue to serve," Fantino said.

"Under Prime Minister Harper, I can say with confidence that we have fully embraced that principle."

News of the shuffle was greeted cautiously by those in the veterans community.

Whether it works remains to be seen, said Royal Canadian Legion dominion president Tom Eagles.

"The legion has great expectations that this government and all political parties will put the past behind and move forward to create an environment where veterans know that this country's obligation to care for them when they need it will be met," Eagles said.

A former street cop who later became Toronto police chief and commissioner of the Ontario Provincial Police, Fantino entered federal politics by winning a byelection in 2010.

He was re-elected in 2011 and named to the cabinet in January as minister of state for seniors. He became minister of international co-operation

in July 2012 and went to Veterans Affairs a year later.

He found himself in political hot water almost from the moment he took the post. Under Fantino, the department came under heavy fire from veterans groups, the veterans ombudsman, the auditor general and the political opposition.

Fantino's efforts to defend office closures, job cuts, lapsed budget money and tweaks to pensions and benefits provoked anger from veterans and scorn from the NDP and Liberals.

There were public-relations gaffes, including a much-publicized — and televised — confrontation with veterans and the spectacle of Fantino walking away from the wife of a former soldier, ignoring her shouted questions.

There were howls of protest when it was learned the department had allowed more than \$1 billion of its budget to lapse and return to the federal treasury since 2006. The anger only grew when the department admitted spending \$4 million on ads last year promoting its efforts to help veterans return to civilian life.

THE CANADIAN PRESS



Conservative MP Erin O'Toole outside Rideau Hall shortly before being named the new Veterans Affairs minister.

SEAN KILPATRICK/THE CANADIAN PRESS

Erin O'Toole

Here's a list of things to know about new Veterans Affairs Minister Erin O'Toole:

- **He knows how to follow controversy.** O'Toole was elected in the Ontario riding of Durham in a 2012 byelection following the resignation of Tory MP Bev Oda, whose own tenure in cabinet was marred by expense claims and her controversial handling of international aid spending.

- **O'Toole's father John**

is also a politician. He represented the riding of Durham in the Ontario legislature as a Progressive Conservative from 1995 until last year, when he made an unsuccessful bid to become mayor of Clarington.

- **He has a strong military pedigree.** O'Toole has a substantial attachment to the military. He is one of only a handful of sitting members of Parliament who have served in the

Canadian Armed Forces.

- **He has a lot of clout with veterans.** O'Toole regularly references his military service in speeches in the House of Commons. He's also continued to raise awareness about veterans issues on the Hill in other ways. Last spring, he organized an event on Parliament Hill with Romeo Dallaire, a retired senator and general, to focus on the mental health of veterans.



Protesters gather in front of the Henry Hicks building at Dalhousie University on Monday to voice their displeasure of the school's handling of 13 male dentistry students that were allegedly part of a controversial Facebook group.
JEFF HARPER/METRO IN HALIFAX

Suspension is not enough: Protester

Dalhousie University. President not ruling out possibility of expulsion but said school must follow fair, just process

STEPHANIE TAYLOR
Metro in Halifax

Dalhousie University's decision to suspend from all clinical activities 13 male dentistry students who allegedly belonged to a controversial Facebook group has incited anger with some on campus.

President Richard Florizone, accompanied by the dean of the faculty of dentistry, Thomas Boran, announced the suspension Monday, which was originally decided on Dec. 22.

"The comments made in the Facebook group by some of our fourth-year male dentistry stu-

dents were deeply offensive, degrading to women and entirely unacceptable," Florizone said during a press conference.

Suspending the men from all clinical activities is part of an ongoing investigation into the incident and was reached due to their obvious lack of professionalism, Florizone said.

Students belonging to the Facebook group Class of DDS 2015 Gentlemen's Club had allegedly posted a series of sexually violent comments against women, including a poll of female classmates they'd like to have "hate" sex with and jokes of drugging women.

Florizone said these students will not be able to graduate while they are suspended but did not specify the length of the suspension, only saying the matter is under review by an internal committee and will coincide with the ongoing restorative-justice process.

But suspension is not

enough, says Rach Klein, who was one of more than a hundred students and community members who participated in a protest calling for the men to be expelled.

"No one who thinks rape is funny should have access to sedatives.... We're supposed to be a place of higher education, and (those students) have no place getting in the way of that," she said.

Florizone said he's not ruling out the possibility of expulsion but emphasized administration must follow a fair and just process to determine the proper course of action.

However, Jennifer Nowoselski, vice-president internal of Dalhousie Student Union, believes those policies are outdated, saying it doesn't protect students from sexual discrimination.

"It's the base minimum of what the university could do in this situation," she said.

Minister Blaney praises CBSA's most-wanted list

The Canada Border Services Agency's most-wanted list has helped track down several dozen dangerous criminals since 2011, Public Safety Minister Steven Blaney said Monday.

The program led to 59 individuals being located in Canada, with 51 of them being removed from the country.

Another 17 individuals were

located abroad.

The federal minister credited Canadians who called a special border-watch phone line (1-888-502-9060) with helping the CBSA.

"These (criminals) represent a threat to society," he said.

Blaney said their activities have been linked to drugs and organized crime and possibly

war crimes.

He also noted that some individuals may have had a terrorist past.

"It could happen that certain of these people are involved in terrorism activities," Blaney said. "But in these cases, there's collaboration with national security agencies and the RCMP." **THE CANADIAN PRESS**

Ontario court

Feds seek to stop long-term expats from voting

The right of long-term expats to vote in federal elections goes before Ontario's top court Tuesday, as Ottawa fights a ruling that struck down part of Canadian voting laws.

Barring Canadians from voting — in this case those who have lived abroad for more than five years — is a justified restriction in a free and democratic society, the government argues.

In May last year, Ontario Superior Court Justice Michael Penny ruled parts of the Canada Elections Act were unconstitutional.

Ottawa insists non-resident Canadians need to have a "direct and meaningful" connection to Canada and their ridings in order to vote.

As such, it began enforcing the five-year rule under which long-term expats could only regain the right to vote by resuming residency in Canada.

Two Canadians living in the United States launched the constitutional challenge after being denied a ballot in the 2011 federal election. Montreal-born Jamie Duong, 31, of Ithaca, N.Y., and Toronto-born Gillian Frank, 36, of Princeton, N.J., argued they had only left Canada for educational and employment opportunities.

Both said they — along with many other expats — still have a strong attachment to Canada.

"Five years is an arbitrary limit which has no bearing on a citizen's connection to Canada," they argue in their factum.

The Appeal Court hearing is expected to take two days. **THE CANADIAN PRESS**

Hydro-Quebec

Weather causes power outages

Hydro-Quebec said it expected to re-establish electricity by Monday night to all the households affected by weekend power outages caused by freezing rain.

By Monday evening about 2,500 homes were still without electricity after freezing rain on Sunday caused widespread blackouts across the province.

More than 150,000 households — primarily in the Montreal area — lost power. **THE CANADIAN PRESS**

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Indonesia's air safety scrutinized

AirAsia crash.
Weather still hampering search

Highlighting the depth of Indonesia's air-safety problems, the transportation ministry announced harsh measures Monday against everyone who allowed AirAsia Flight 8501 to take off without proper permits — including the suspension of the airport's operator and officials in the control tower.

Also, the routing permits of all airlines flying in the country will be examined to see if they are violating the rules, said Djoko Murjatmodjo, acting director general of air transportation.

"Who knows if other airlines are also doing the same thing?" he said.

The crackdown comes as searchers continue to fight bad weather while combing the Java Sea for bodies and wreckage of the Airbus A320 that crashed Dec. 28, killing all 162 passengers and crew on board.

The plane was travelling between Surabaya, Indonesia's second-largest city, and Singapore on a Sunday. Officials have since said its permit for the popular route was only for Monday, Tuesday, Thursday and Saturday and that AirAsia quiet-

ly switched three of those days. Officials in Singapore, however, have said the plane was authorized to fly on Sundays from its end.

Applications for specific routes take into account issues including air-traffic rights and airport takeoff and landing slots.

While the airline is being investigated, Indonesia has banned all AirAsia flights between Surabaya and Singapore.

On Monday, AirAsia Indonesia President Director Sunu Widyatmoko said by text that the airline will co-operate with the government during the evaluation but would not comment on the permit allegations until the process is complete.

Violation of the regulations would boost legal arguments for passengers' family members seeking compensation, said Alvin Lie, a former lawmaker and aviation analyst. But he added AirAsia would not be the only one to blame.

"The Surabaya-Singapore flights have been operating since October ... and the government didn't know," he said. "Where was the government's supervision?"

Murjatmodjo said key individuals who allowed planes to fly without permits would be suspended while the investigation is pending.

THE ASSOCIATED PRESS



Florida becomes 36th state to allow same-sex marriage

Catherina Pareto, left, and her partner Karla Arguello celebrate on the courthouse steps on Monday in Miami after Circuit Court Judge Sarah Zabel lifted a stay on her July ruling that Florida's same-sex marriage ban violates equal protections under the U.S. Constitution. Judge Zabel provided a jump-start to Florida's entry as the 36th state where gays and lesbians can legally marry, saying she saw no reason why same-sex couples couldn't immediately get their licences in Miami-Dade County ahead of a midnight launch statewide.

WILFREDO LEE/THE ASSOCIATED PRESS

PEGIDA. Germans protest anti-Islam movement

The square around the Cologne Cathedral was plunged into darkness Monday evening after the historical landmark in western Germany shut down its lights in a silent protest of weekly rallies in Dresden against the perceived "Islamization" of Europe.

The symbolic act came as thousands of Germans demonstrated in Cologne and several other cities against

the ongoing protests by the group calling itself Patriotic Europeans against the Islamization of the West, or PEGIDA, which attracted its biggest crowd yet in Dresden on Monday night.

Cologne Cathedral provost Norbert Feldhoff told n-tv that shutting down the lights was an attempt to make the PEGIDA demonstrators think twice about their protest.

THE ASSOCIATED PRESS

Australia. Dozens hurt, homes lost in wildfire

More than two dozen homes have been destroyed or badly damaged and almost 30 people have sought medical treatment as a result of a massive wildfire that has raged out of control for days across farms and woodland in southern Australia, officials said Monday.

Hundreds of firefighters have taken advantage of milder conditions in recent days to attempt to contain the fire, which has razed 12,500 hec-

tares of countryside northwest of the South Australia state capital Adelaide, State Premier Jay Weatherill said.

Since the fire started Friday, 29 people have been injured or hospitalized with conditions such as severe asthma, he said.

The only serious injury was a farmer who suffered suspected spinal injuries protecting his property, Network Ten television news reported.

THE ASSOCIATED PRESS

India, Pakistan

Cross-border violence kills three

Pakistani troops fired gunshots and mortar shells that killed an Indian soldier in northern Kashmir on Monday after a lull in the countries' cross-border firing, an Indian paramilitary official said. Pakistan blamed India for the violence and said two civilians were killed by Indian shelling.

The countries often trade accusations about who is to blame for firing and shelling in the disputed region, and tensions have heightened in recent days. The Indian soldier was killed instantly when Pakistani forces opened fire in the Samba sector of the border, said D. Parekh of the Border Security Force.

THE ASSOCIATED PRESS

Norman Atlantic

Searchers look for bodies in Greek ferry fire

Italian firefighters and forensic experts searching for bodies inside a fire-damaged ferry are braving fierce heat and thick, black smoke for the third straight day.

Brindisi Coast Guard Capt. Mario Valente said Monday that searchers are trying to reach lower decks near the Norman Atlantic ferry's car deck, where a pre-dawn blaze began Dec. 28 while the ferry sailed from Greece toward Italy.

The fire has claimed at least 11 lives. Greece says as many as 19 people might be unaccounted for.

THE ASSOCIATED PRESS

San Francisco

Officers kill man holding air gun

Authorities say officers shot and killed a man near a San Francisco police station who held what appeared to be a handgun.

Police spokesman Albie Esparza says police opened fire Sunday evening after the man pulled what was later determined to be a type of air gun.

Esparza says the 32-year-old man, who was not further identified, was hit three times and died of his wounds. The officers were uninjured. The shooting occurred after three officers noticed a man hanging around the parking lot of the Mission District police station.

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Start It Up is administered by the Pinecrest-Queensway Community Health Centre in partnership with Bridgehead, Invest Ottawa, and prototypeD. Funding provided in part by the Government of Ontario and the Somali Youth Support Project annual fundraiser.

Netflix. VPN users being blocked, report suggests

Netflix says it hasn't changed its policy on users who try to access content licensed for streaming in other countries.

The policy is that users shouldn't be doing it.

It's widely known that Canadian Netflix users can access TV shows and movies licensed for the American market by using a free or subscription-based online service.

The popular tools mask a user's true location and trick Netflix — or other websites — into believing the user is actually somewhere else in the world, where different content is available to stream.

A news story on Torrent-Freak.com suggested that Netflix has recently begun cracking down on those location-altering services.

Netflix declined an interview request but released a statement saying it hasn't changed its policies on restricting access to content based on geography.

"Virtually crossing borders



Online news reports suggest Netflix has begun cracking down on subscribers using location-altering services. THE ASSOCIATED PRESS

to use Netflix is a violation of our terms-of-use because of content-licensing restrictions. We employ industry-standard measures to prevent this kind of use. There (haven't) been any recent changes to the Netflix VPN policy or terms-of-use," reads the statement.

A telephone poll with 2,002 anglophone Canadians commissioned last spring by the Media Technology Monitor found about 32 per cent of the respondents were Netflix subscribers.

About one in three of the Netflix users said they had figured out how to access content meant for U.S. subscribers.

The Media Technology Monitor poll was conducted by Forum Research between March 18 and April 19 of last year. The results are considered accurate within 2.2 percentage points 19 times out of 20.

THE CANADIAN PRESS

Netflix users in Canada

32%

A survey last spring found about 32 per cent of anglophone Canadian respondents were Netflix subscribers and one in three of them said they had figured out how to access content meant for U.S. subscribers.

Market Minute



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Natural gas: \$2.93 US (-\$0.07)
Dow Jones: 17,501.65 (-331.34)



CES previews smart-home gadgets for Internet of Things

BeeWi wirelessly controlled lights are on display at CES Unveiled, a media preview event for the four-day CES International in Las Vegas that opens to the public Tuesday. The smart-home concept is known in tech circles as the Internet of Things. Current iterations primarily include our ability to control gadgets such as lights and security alarms or view data remotely through a smartphone app. At the gadget show in Las Vegas, manufacturers will promote more devices and functionality. Some gadgets will be able to talk directly with one another, not just to an app. JOHN LOCHER/THE ASSOCIATED PRESS

Report looks at the sunnier side of falling crude prices

Against the trend.

Drop threatens bottom lines of oil-producing provinces and federal government, many other experts say

Perhaps an era of cheap crude won't be so bad for Canada after all.

A Royal Bank of Canada report released Monday argues the financial blows of low oil prices on the Canadian economy could be more than cancelled out by the weaker loonie and additional consumer spending on both sides of the Canada-U.S. border.

Weakening oil sector

"Our current Canadian forecast assumes that both consumers and exporters will ... slightly more than offset the expected weakening in oil-sector investment."

Royal Bank of Canada report

celled out by the weaker loonie and additional consumer spending on both sides of the Canada-U.S. border.

Many other expert assessments have projected low crude prices to be a net negative for Canada.

The bank analysis pointed to a combined effect of three

"offsetting positive outcomes" from low-priced crude: a boost for the U.S. economy, the lower Canadian dollar's benefit to exporters selling to the stronger U.S. market and more spending by Canadians thanks to cheaper fuel.

The RBC report said lower oil prices will have signifi-

cant impacts on government budgets in oil-producing provinces. But it argues these provinces — Alberta, Saskatchewan and Newfoundland and Labrador — have seen big increases in revenues from price increases in recent years, putting them on relatively strong footing to absorb the shocks of a prolonged decline.

Other provinces, meanwhile, are seeing benefits from the low crude prices in the form of cheap gasoline and the falling loonie, which is creating a better climate for their manufacturers and exporters. THE CANADIAN PRESS

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VOICES

A DRIVE TO LIVE

Toronto-area man Mark Watkin lost his daughter Sarah to cancer a few months ago after doctors were unable to find a full match for a bone-marrow transplant. While the family is still coming to terms with their loss, Watkin shares why he believes swabbing drives are so important:

MARK WATKIN
readers@metronews.ca

"I love you bigger than forever and the moon and the stars in the sky. I'll be dreaming about you all night and all day and I'll be missing you every second until I see you again in the morning."

These are the good-night words I used to say with Sarah every night before bed, and now I say them to myself hoping that they reach her somehow.

Oct. 1, 2012, Sarah was a beautiful five-year-old girl with her whole life ahead of her. Her favourite colours were pink and purple because pink was mom's favourite colour and purple was dad's. She wanted us to know she loved us both equally. She had a little sister, Elizabeth, whom she just adored and who adored her. She loved to ride her bike and had just learned to rollerblade. She had a smile that we knew would one day break hearts. She was our first child, a miracle from our love for each other. Oct. 1 was the day our lives would change forever.

I remember being at Sick Kids and feeling relieved that they were going to figure out what was wrong with Sarah and make her all better. But then a young doctor came to us and told us that Sarah had cancer. Her life just flashed before our eyes. We wanted to take her and run, but there was

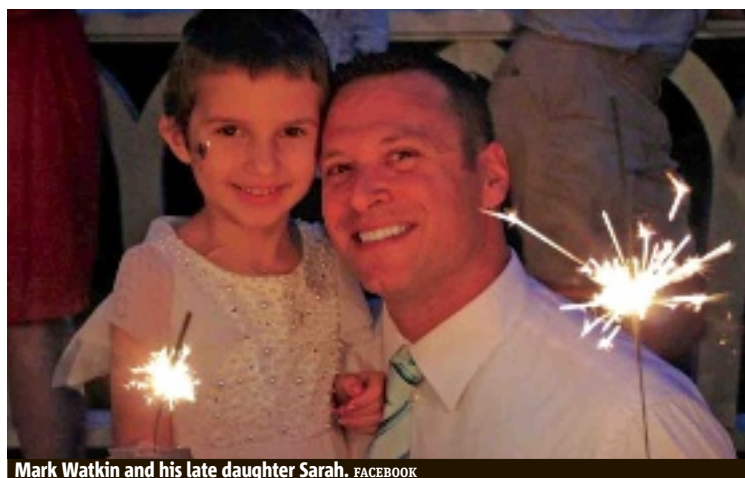
nowhere to go. We found out that Sarah had AML, an aggressive type of blood cancer. Her treatment would be long and intense. She would be in the hospital for about six months. Her prognosis was 50/50 — just a flip of a coin.

We fought the disease with chemotherapy, but a year after her diagnosis we were told a bone-marrow transplant was our only hope.

There was no match for Sarah on the national registry, OneMatch. Her new brother, Matthew, also was not a match, and neither was her sister Elizabeth. Our last chance was a half match from a parent, and in February she received a bone-marrow transplant from her mom.

We prayed every second of the day that she would pull through this. We knew that the odds weren't in our favour, and less than six months after the transplant, Sarah relapsed. Now there was nothing we could do to save her. Sarah was dying. Her prognosis: Weeks to months, maybe. How was this happening? What are we going to do? How can we save her? How can we let her go?

We had a new fight on our hands. How do we give Sarah a whole life in just weeks to months? We went to Disney World. We did indoor sky diving and riding on the back of motor-cycles. We spent a lot of time at the cottage. We went to Casa Loma



Mark Watkin and his late daughter Sarah. FACEBOOK

dressed as princesses and had high tea. We had a lion cub come to the house and went to a zoo where Sarah pet an adult tiger. We tried to bring her as much joy as we could.

On Nov. 2, 2014, Sarah died in our arms at home in our bed, surrounded by love.

Swabbing Drives. Through our time at Sick Kids, we realized that we needed to do something to help all these children on the cancer floor. We started a Facebook page called Sarah's Drive for Hope. It was to encourage people to donate blood, and get on the bone-marrow list so people

could find their matches if their lives ever turned to tragedy like ours. It was a page of hope for others also fighting cancer. It was amazing; people from around the world began emailing our family with letters of appreciation of how Sarah's life taught them to be better people and some even to be better parents. We also realized that the bone-marrow donation age was 17-35, perfect for high-school students. We began calling local schools, and almost half of the region's schools ran successful swabbing drives. Sarah tried to attend many of them as we spoke to students

about how important getting on the registry could be and how easy it was: just a simple swab in your mouth. In the coming months we learned that four matches were found through Sarah's drives, and those people donated their stem cells. Someone out there now had hope.

The Future. We are trying to learn who our family is without Sarah. It's a struggle to move forward, and often we feel like it's one step forward and two steps back. We are enjoying learning who our other children are and seeing them thrive. We love seeing the smiles on their faces when they play with each other and we wish Sarah was here with us to enjoy them, too. Elizabeth asks to see Sarah all the time, but how do you explain what's happened when we barely understand ourselves?

What we do know is that swabbing drives *must* continue. There are so many people looking for a bone-marrow match, hoping for a chance at life. In the coming months, our family plans to complete an entire school district and swab at EVERY high school in York Region in the spring. The challenge is on. If you know a principal or teacher and want to do something good, contact Sarah's Drive for Hope or OneMatch to find out how to run a simple swabbing drive and save lives.

We will miss Sarah forever and a day.

'Like giving someone a second chance at life'



Stem-cell donor Danny Ho.
DAVID VAN DYKE/METRO



GILBERT NGABO
Metro in Toronto

Danny Ho's decision to be a stem-cell donor was prompted by a story he read a few years ago.

It was the story of a British man suffering from leukemia who was in his dying moments. His sister, who was identified as a perfect match, would not agree to donate her bone marrow to save his life.

"I couldn't believe it," said Ho, 27, who works as an education assistant for autistic children at Buttonville Public School. "I have two sisters. That story made me think that if one of them needed help, I would definitely donate stem cells to her."

Ho put his name up at OneMatch Stem Cell and Marrow Network, a specific division at Canadian Blood Services that recruits donors and

matches them with patients that need help with stem cells.

He went through various tests with the registry to make sure he was medically fit and fully committed to donate. On June 12, 2013, he spent about six hours at Princess Margaret Hospital, where his stem-cell donation was taken.

"It feels like giving someone a second chance at life," he said. "When I signed up, I knew I could be donating to somebody else, not necessarily my family member, so it's good for the patient and their family, too."

Ho is a perfect example of the demographic currently targeted by the OneMatch registry drive as potential donors.

MaryLynn Pride, transplant liaison specialist at OneMatch Stem Cell and Marrow Network, says there's currently an emphasis on recruiting donors from diverse back-

grounds.

"What we know from scientific research is that patients have a better chance at finding matches from donors within their diverse communities, particularly young males between the ages of 17 and 35," said Pride. "It really is about community giving back to community. We are mainly looking at the quality of the donors and what the demand is from patients."

On average, donors can wait as long as five years before finding a patient they match with.

"We need to increase the number of donors on the registry because the need for stem-cell transplants is huge and has been on the increase every year," said Pride.

"We're always trying to provide the highest quality possible of donors and we do know that those are young males from diverse background."

Understanding the need

- At any given time, close to 1,000 Canadians are waiting for a stem-cell match.
- Today, only 25 per cent of patients who need stem-cell transplants are able to find a match within their family.
- There are some 340,000 potential donors registered with OneMatch, three-quarters of whom are male.
- The process to donate stem cells can only begin when a match has been identified.
- You can help by joining Canadian Blood Services' OneMatch Stem Cell and Marrow Network.
- In honour of Sarah's life, Metro is holding a swab drive for our staff.

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Jennifer Aniston ALL PHOTOS: GETTY IMAGES

Aniston has Brad new attitude as she eyes Golden Globe prize

How do we know Jennifer Aniston is taking her bid for awards season glory seriously?

She's entertaining questions about ex-husband Brad Pitt.

Aniston is currently on the campaign trail for her Golden Globe-nominated performance in the indie drama *Cake*, and the rules of Hollywood state that you've got to play ball if you want a serious shot at some trophies. So Aniston sat down with CBS Sunday Morning,

where reporter Lee Cowan used the age-old trick of asking about how annoying it is when people ask about something as a ploy to ask about that thing without looking like you're actually asking about it. Sneaky, that one.

"The fact that it still follows you around — I mean, I'm divorced. It's got to be painful. I mean, I don't like when people bring it up. But people still do, right?" Cowan asked. And by people, he means himself, who just brought it up.

But Aniston is a pro: "I don't find it painful, though. I think it's a narrative that follows you because it's an interesting headline. It's more of a media-driven topic," Aniston responded.

And speaking of media-driven, Cowan — who clearly can't take a hint — followed that up with, "You guys still talk? You friends?" And kudos to Aniston for not rolling her eyes or just straight up punching him before replying. We'll see if the gambit pays off.

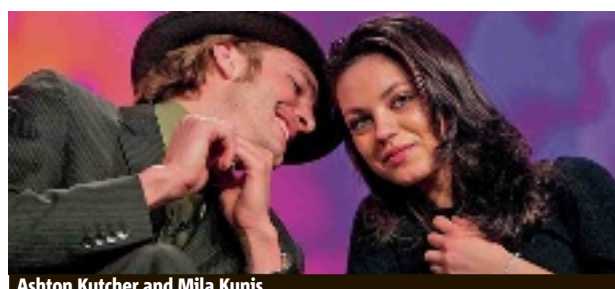
Kutcher, Kutcher, koo! Ashton, Mila kid you knot

New parents Ashton Kutcher and Mila Kunis got tabloid rumour-mongers worked up into a frenzy on New Year's Eve with a photo message on Kutcher's Facebook page with warm wishes from "the Kutchers," sparking speculation that they'd already secretly tied the knot. But don't worry, you didn't miss anything. Sources tell Radar Online that they "have not gotten married yet" and the

big day won't be happening until the summer.

"Ashton loves fooling people, and because they handle their own publicity, they are totally aware of how to manipulate the press," a source explains. "If they did get married, they are lying to a lot of people close to them about it."

I mean, that's not out of the realm of possibility, though, right?



Ashton Kutcher and Mila Kunis

Mayweather schools Prince in the birds and the Biebs

It might be time to start worrying about Michael Jackson's eldest, Prince Jackson, who becomes a legal adult next month. And if Page Six is to be believed, he's already living a pretty adult life — including clubbing, juggling girlfriends and being generally bratty — thanks to a friendship with noted role models Justin Bieber and Floyd Mayweather, who "has been offering a lot of advice to Prince, including about women," a source says. Mayweather is also supposedly behind recording sessions for a planned "major recording album" by Bieber and Jackson. That's right, a major recording album. Who knows, maybe it will lead to a significant performing tour or something.

Anyway, if you really want to start using rage instead of coffee for a pick-me-up, enjoy these details on the spending habits of 17-year-old Jackson, who receives a \$66,000 monthly allowance from his dad's estate.

"He's looking at high-end cars like a Mercedes Maybach, a Rolls-Royce and Range Rovers, and he's buying expensive jewelry," the source says.

Ah, to be young.

Prince Jackson with his grandmother Katherine



2
SCENE

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Erasure's nod to ABBA celebrates their synth-pop roots

Music. Duo's latest album is a collection of dance anthems and introspective ballads

A year ago, Erasure released a Christmas album, but the duo's biggest surprise this year was a celebration of synth-pop's roots.

While performing at New York's Terminal 5 club on Dec. 30 and 31, singer Andy Bell announced that Erasure would play an old favourite for the first time in 20 years.

That song was a respectful cover of Voulez-Vous by ABBA, who in the 1970s pioneered the synth-pop sound of instantly danceable keyboards that was embraced a decade later by chart-topping, mostly British acts such as Erasure, Depeche Mode and the Pet Shop Boys.

The New Year's Eve concert was the final date of a four-month tour in support of the duo's 16th album, *The Violet Flame*, a collection of dance anthems and introspective ballads.

Opening the concert were two members of the Amer-

On the edge

Erasure's career has not been without experimentation, with Bell and Clarke bringing in long synthesizer solos, Gospel singers and even acoustic guitars. Last year's *Snow Globe* was among the most unusual — creating a synth-pop Christmas out of traditional carols and original songs.

ican synth-poppers Book of Love, which built a niche audience in the 1980s by

touring with Depeche Mode and — more significantly in retrospect — broke taboos of the era by openly discussing the AIDS crisis in the dance-club hit *Pretty Boys* and *Pretty Girls*.

Erasure has a large gay following, as Bell has long been open about his sexual orientation, even at a time when many other gay musicians stayed in the closet.

More recently, Bell has spoken out about being HIV-positive in an effort to build awareness about preventing the virus that leads to AIDS.

AFP



Erasure singer Andy Bell. AFP

Madonna, Marilyn Manson and Rihanna are just a few of the artists set to return with a new record in 2015. Here is our list of releases not to be missed this year.

scene@metronews.ca

Rihanna

The beloved Barbadian singer has largely kept secret the details of her next album, which her fans are calling R8.

The only thing known about this mysterious record is the year of its release: 2015.

However, the star indicated on Instagram that she is already working on the new album and even shared a musical excerpt.



5

albums not to be missed in 2015

Madonna

The pop icon will return in March 2015 with *Rebel Heart*, several tracks from which have already leaked to the Internet.

Since Dec. 20, six tracks have been available for pre-order from the album, which was produced in part by Kanye West.



Muse

The British musicians announced their return to the studio on Instagram, confirming the arrival of a new record this spring. As Matthew Bellamy told NME, the sound is expected to be less experimental than the band's previous work.



Marilyn Manson

Last October, the provocateur and recording artist dropped the single *Third Day of a Seven Day Binge*, which is available for free download on his website.

The track sets the tone for his forthcoming album, *The Pale Emperor*, which will go on sale starting Jan. 19.

A few days later, on Jan. 21, Manson will begin promoting the new record on his *Hell Not Hallelujah* Tour.



U2

Last October, the Irish band told *Q* Magazine that their next album, *Songs of Experience*, was 70-percent finished.

Bono's band is known for its productivity, so it seems likely that this follow-up to *Songs of Experience* will be released at some point in 2015. The band will also head out on tour this year to promote its previous album, which was released for free on iTunes.

AFP



Cheers to a natural 2015

The Canadian Health Food Association's holistic nutritionist Michelle Book takes us through the top trends that health retailers, suppliers and health experts are buzzing about this year

IZABELA SZYDLO life@metronews.ca

Oils with fancy fats

Avocado oil is about to get a lot more attention. Avocados are touted for their healthy fats, but the extracted oil is rich in monounsaturated fats and vitamin E, which are crucial for healthy, radiant skin. Refined avocado oil is also excellent for cooking or sautéing. Another trendy oil is camelina, which is rich in mono- and polyunsaturated fats with a high proportion of heart-healthy omega-3s (as high as 45 per cent!). It is an oil-seed prized for its nutty and fresh taste, healthy properties and heat-resistant traits. Natural antioxidants, including Vitamin E, give camelina oil a longer shelf life than olive or other oils. It is excellent on salads and drizzled on grilled veggies. Other oils to keep an eye on include flaxseed and walnut oil.



Digestive health

When we have the right balance of good to bad gut bacteria it helps protect our gut lining, keeping it strong and reducing our chances of intestinal permeability (known as leaky gut). Leaky gut means bacterial toxins are passing into our body, which can lead to inflammation linked to weight gain, obesity and mental health issues. Many people think they are getting probiotics from yogurt, but only those that have "live and active cultures" on the label actually contain probiotics and, unfortunately, even when you eat this yogurt it is difficult to know exactly the quality, quantity and type you are consuming. Taking probiotics in a supplement form is the best way to ensure that you are getting enough and the correct strain for your individual health needs.



Pumpkin



Pumpkin has flown under the radar for a long time, but new studies are now linking it to heightened prostate and urinary tract health. Pumpkin seeds are rich in B vitamins, vitamin E, zinc and essential fatty acids. Pumpkin flesh is rich in nutrients including beta-carotene, a precursor to vitamin A, crucial for healthy reproduction, immune system health and vision. The great thing about pumpkin is there are so many ways, beyond pumpkin pie, to use it. Mixing pumpkin oil and balsamic vinegar makes vinaigrette for salads, and pumpkin seeds are the perfect salad topper. Pumpkin is also becoming a great breakfast food, adding flavour to pancakes, waffles or smoothies while delivering an extra nutritional boost.



GMO labelling

GMO (genetically modified organisms) is a process that tinkers with the genetic material (DNA) to enhance specific traits. Most often, these are crops like corn, soy and canola, which are used in many processed food products. In plant species, these traits can include pesticide or pest resistance, drought resistance or nutri-

ent level enhancement. In 2015 we predict the demand for GMO labelling will continue to increase. In more than 60 countries, including Australia, Japan and all of the countries in the European Union, there are restrictions or outright bans on the production and sale of GMOs. In Canada, we are seeing an increase in consumers demanding to know where their food comes from and whether it has been genetically modified. It's still to be seen how this will impact legislation, but many companies are rising to identify their products as GMO-free.

3
LIFE

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yogurt with mixed berries and granola ©2014

I like this super balanced way to start your day! I am loving the app's combined protein-packed berries, yogurt, fiber and nutrient-rich banana with granola. For you, a whole goodie! A lot better than the usual cereal, and you can help portions by increasing the amount of berries.

Getting back on the health track

Cleanse. Give your liver and other organs a boost to eliminate toxins and help you shed pounds

After the holidays — with their traditional onslaught of stuffing, gravy, and mountains of chocolate — our bodies are begging for a detox session.

When it comes to shedding water weight and eliminating toxins, we rely on the liver and other organs, and there are several ways to give them a boost.

Here are a few ingredients to include in your diet to enter 2015 on the right foot.

Herbal teas and tinctures

Health food stores are the first place to go when the need for a detox sets in, as they offer natural products known to help the body eliminate toxins.

Some classic detox aids include tinctures and teas made with rosemary, artichoke, burdock, dandelion, black radish, peppermint, lavender or lemon essential oil.



While fruit is incredibly good for you, and perfect as a detox aid, it also contains a ton of sugar, so be advised. AFP

Water, water and more water

After a period of excess, water is one of your best allies when it comes to flushing out the system. Particularly while attempting to detox, it is important to drink around 50 to 70 fluid ounces of water per day

(one-and-a-half to two litres). Drinking water helps promote better digestion and, somewhat counter-intuitively, to shed water weight. To reap even more benefits, choose bottled mineral water that is rich in calcium and magnesium and

low in sodium.

The lemon method

There is one ingredient people around the world swear by after overindulging during the holidays: lemon. Adding lemon juice to a large bottle of water

and drinking it throughout the day helps regulate the digestive system and stimulate the elimination of toxins. Of course, lemon juice can also be added to food as a light salad dressing, for example.

Seasonal fruit

Rich in vitamins and water, pineapple, grapefruit, apple, orange and lemon are ideal detox aids when eaten raw before and (especially) after a meal. Of course, fruit is rich in sugar, so moderation is advised.

Green vegetables instead of starch

Instead of mashed potatoes or white pasta, fill your plate with green vegetables in the weeks following the holidays. A diet rich in herbs, lettuces, kale and cabbage — as well as onions and garlic — can help the body eliminate toxins while replenishing vitamins and minerals. While any detox diet should also include a few whole grains in moderation, avoid white starches as well as all forms of processed sugar, alcohol, coffee and dairy products.

AFP

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Small screens have big impact on kids' sleep



Small-screen devices impact sleep more than TVs. ISTOCK

Children who have access to tablets or smartphones in their bedrooms get less sleep than children who do not have the devices with them at night, a US study said Monday.

The findings in the Jan. 5 edition of the journal *Pediatrics* show that having a so-called "small screen" within reach was slightly worse than a television set when it came to sleep deprivation in a group of 2,000 middle school kids.

Overall, those with access

to smartphones and tablets got nearly 21 fewer minutes of sleep per night than children whose rooms were free of such technology, and they were more likely to say they felt sleep-deprived.

Those with a TV in the bedroom got 18 minutes fewer of slumber than kids without televisions in their rooms.

"Presence of a small screen, but not a TV, in the sleep environment, and screen time were associated with perceived

insufficient rest or sleep," said the study led by Jennifer Falbe of the University of California, Berkeley School of Public Health.

"These findings caution against unrestricted screen access in children's bedrooms."

Participants in the study included 2,048 Grade 4 and Grade 7 students enrolled in the Massachusetts Childhood Obesity Research Demonstration Study from 2012 to 2013.

AFP

This year, eat better by hitting the sauce

Theresa's tips

How to pick the best bottled condiments



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Once upon a time we touted Europeans as folks who eat better because they cook from scratch. It's still true that they generally eat better than North Americans, but they don't have any more time than we do to get meals on the table. They simply demand top quality prepared foods and put them together seamlessly, healthfully and beautifully.

Among those prepared foods are cooking sauces, which have seen huge growth worldwide. Salsas, pickles and fermented products are cropping up in all sorts of

flavours and new combos. It is worth searching for jars full of nourishing ingredients rather than being duped by marketing labels such as "gluten free" and "GMO free." While both can be important considerations, they don't trump a list of fillers over real food. Look for:

- fruits or vegetables as a first ingredient;
- items that nutritionally enhance your, erm, bad habits (For instance, use sun-dried tomatoes to top otherwise nutrition-free pizza);
- items containing Greek yogurt for protein;
- ways to incorporate beans in any fashion;
- foods that have active probiotic cultures.

These days, home cooking often means "home mixing of jarred and canned goods to create something of a home-cooked meal." And that's OK, as long as the items are wholesome and best in class.



Look for prepared foods containing Greek yogurt for added protein. ISTOCK

Simple Salmon. Open some salsa and a tub of Greek yogurt for an easy weeknight meal

FLASH FOOD



From your fridge to your table in 30 minutes or less

You want a lean, healthy, omega-3-loaded, simple two-step meal ready only 20 minutes after you come in the door? Of course you do! It's still January and your commitment to eat better is just as valid as it ever was. For this recipe, all you need is salsa, Greek yogurt, salmon and asparagus plus an oven or toaster oven and you're good.

Directions

1. Preheat oven to 400 F. Rinse asparagus and chop off any woody ends. Lay on a baking sheet, sprinkle with oil and roll to coat. Sprinkle with sea salt if desired. Place into oven on top shelf and bake asparagus until browned to

Ingredients

- 1 bunch asparagus
- 1 tsp extra-virgin olive oil
- 4 pieces fillet of salmon
- 1/2 cup salsa (any flavour, but I used PC black bean and corn salsa)
- 1/2 cup Greek yogurt



TOTAL TIME
ABOUT 30 MINUTES

This recipe for Simple Salmon serves four. THERESA ALBERT

your liking (5-15 minutes).

2. Place salmon in a baking dish large enough so the fillets don't touch. Mix together

salsa and Greek yogurt. Spread onto salmon and place uncovered in oven. Bake for 10-15 minutes depending upon thickness of salmon.

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Get a kick out of spicy udon noodles with shrimp

1. Bring a large saucepan of salted water to a boil.

2. While the water heats, in a blender combine the peanut butter, ginger, vinegar, soy sauce, water, garlic and black pepper. Blend until smooth. The peanut sauce should be thick, but pourable. If the sauce is too thick, add a couple of tablespoons of additional water and blend again. Taste, then add hot sauce to your desired heat preference, blending again. Set aside.

3. In a large skillet over medium-high, heat 2 tablespoons of the oil. Add the onion and peppers, then cook until just tender, about 5 min-

utes. Transfer to a plate and set aside. Reserve the skillet.

4. Add the udon noodles to the boiling water and cook for 2 minutes, or until just barely cooked. The noodles should still be a bit firm. While the noodles cook, return the skillet to medium-high heat and add the remaining 2 tablespoons of sesame oil. Drain the noodles well and add them to the hot skillet. Stir-fry the noodles for 2 minutes.

5. Add the shrimp to the skillet and continue to cook, stirring constantly, until the shrimp are just pink, about 5 minutes. Return the onion and peppers to the skillet and

Ingredients

- 1 cup natural peanut butter
- 1-inch chunk fresh ginger
- 1/4 cup rice vinegar
- 1/4 cup reduced-sodium soy sauce
- 1/4 cup water
- 1 clove garlic
- 1/4 teaspoon ground black pepper
- Hot sauce, to taste
- 4 tablespoons sesame oil,

divided

- 1 large yellow onion, thinly sliced
- 2 large red bell peppers, cored and thinly sliced
- 8-ounce package udon noodles
- 1 pound shelled raw shrimp, patted dry
- 1/2 cup chopped peanuts
- 2 scallions, green and white parts, thinly sliced

toss until heated. Remove the skillet from the heat, then pour in a liberal amount of peanut sauce (use as much or as little as you prefer), using

tongs to toss the ingredients until well coated. Divide between serving plates, then top with peanuts and scallions. THE ASSOCIATED PRESS



This recipe for Fried Udon Noodles with Shrimp and Spicy Peanut Sauce serves four. THE ASSOCIATED PRESS



Connor McDavid breaks away from Dmitri Yudin and Ziat Paigin to put Canada up 3-1 in the second period on Monday night in Toronto. Canada went up 5-1 but had to cling to the lead as the Russians roared back to fall just short, losing 5-4. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canada outpaces Russia to win final

World juniors. Home team claws its way to victory in back-and-forth championship game

Canada's gold-medal drought at the world junior championship is over, but the final step wasn't easy.

After building a four-goal lead, Canada held on through a thrilling and nerve-wracking third period to beat Russia 5-4 on Monday night at Air Canada Centre and capture the nation's first gold in the tournament since 2009.

Canada scored on its first shift, chased Russia's starting goaltender less than three minutes in and ignited the red-and-white-filled crowd of 19,014 that began to celebrate in the second period. When Russia chipped away, Canada's veteran bunch found its first trouble of the tournament but survived to avoid what would've been one of the more memorable collapses in history.

Gold-medal game

5

Canada

4

Russia

- Hockey Canada has expressed its commitment to Montreal as a co-host city for the 2017 world juniors despite attendance concerns at this year's tournament.
- Hockey Canada president and CEO Tom Renney said

the organization was "deeply committed" to Montreal even as the IIHF said it would keep all options open for the tournament two years from now.

- Toronto is set to host Canada's preliminary-round games and Montreal the knockout round in 2017, flipping from this year.
- Several thousand empty seats for Canadian games at the Bell Centre drew some criticism.

Anthony Duclair, Nick Paul, Connor McDavid, Max Domi and Sam Reinhart scored for Canada to build the lead, which at its height was 5-1. Dmitri Yudin, Ivan Barbashev, Sergey Tolchinsky and Nikolai Goldobin scored for Russia, which wasted little time chipping away.

Zach Fucale finished with 26 saves, enough to get the job done with Canada clinging to a

5-4 lead. His two biggest saves may have come with 12 and four seconds left as Russia was playing with an extra attacker.

Russia's Ilya Shestiyorkin got the hook after giving up two goals on the only two shots he faced. Backup Ilya Sorokin came in and allowed three goals on 19 shots.

The gold medal is Canada's 16th since the tournament began in 1977.

Prime Minister Stephen Harper was in attendance for what felt like more than just a hockey game. The tense rivalry dates to the 1972 Summit Series. The last time these teams met for world junior gold, Canada blew a 3-0 third-period lead and lost 5-3 in Buffalo, N.Y., in 2011.

"They have such a skilled program," Canadian captain Curtis Lazar said of the Russians. "They know how to put the puck in the net with their firepower and they love spoiling Canada's parade and beating them every which way."

Russia tried to beat Canada up the second the puck dropped at centre ice. Pavel Buchnevich and Domi had been jostling before the face-off, and Buchnevich decked Domi the instant he could.

But Domi turned down the ice and at the 23-second mark fed Duclair for the game's first goal on Canada's first shot. Not long after, 2:32 in, Brayden Point found Paul driving to the net, and it was 2-0 Canada on just two shots.

THE CANADIAN PRESS

Proving his worth

McDavid delivers on biggest stage

When Connor McDavid broke a bone in his right hand in November, the injury cast doubt on him playing for Canada at the world junior championship. The can't-miss generational talent has erased any doubt about his return to brilliance.

McDavid progressed from Canada's opener against Slovakia on Boxing Day to Monday night's gold-medal showdown with Russia, along the way showing off his talent on the world stage.

"He's got that progression since Day 1 of training camp," coach Benoit Groulx said before Monday's final. "He's got to make his comeback at the world junior championship, which is a world of difference between our league or the playoffs; it's not even close."

"You have the best players in the world, the game goes 100 miles an hour, and it's quite an adjustment. I really feel Connor has been better and better every day."

McDavid was held without a point Dec. 26 but had three goals and eight assists over his next six games, putting him among the tournament's leading scorers. THE CANADIAN PRESS

Ron Rivera

Panthers coach's home catches fire

The home of Carolina Panthers coach Ron Rivera sustained "significant" damage from an early morning blaze spewing heavy smoke and fire two days after his team's playoff victory. No one was injured.

THE ASSOCIATED PRESS

Junior Galette

Saints LB arrested in domestic dispute

New Orleans Saints linebacker Junior Galette was arrested Monday in a domestic violence case in which a woman says her face was scratched and her ear bloodied after an ear-ring was ripped off.

Galette was booked with misdemeanour simple

battery stemming from the disturbance at the player's house in Kenner, a New Orleans suburb. Prosecutors could later charge him. It is not clear if Galette, who left jail on \$600 bond Monday afternoon, has a lawyer.

The Saints said they are aware of the arrest and are gathering information. NFL spokesman Greg Aiello said the league knows of the arrest and is "looking into it."

THE ASSOCIATED PRESS

Los Angeles

Rams owner in on new stadium

A development group that includes a company controlled by the owner of the St. Louis Rams announced plans Monday to build an 80,000-seat stadium in the Los Angeles suburbs that could become home for an NFL team.

THE ASSOCIATED PRESS

Austrian Alps

Two U.S. skiers die in avalanche

Two prospects from the U.S. Ski Team were killed in an avalanche Monday while skiing near their European training base in the Austrian Alps.

The team said Ronnie Berlack, 20, and Bryce Astle, 19, died in the incident.

THE ASSOCIATED PRESS

Baseball Hall of Fame

Trio of first-ballot pitchers primed for induction

Randy Johnson, Pedro Martinez and John Smoltz appear to be shoo-ins for election to the Hall of Fame in what is shaping up as the baseball writers' biggest class of inductees in 60 years.

THE ASSOCIATED PRESS

Cameron looking for spike in emotion ahead of road games

NHL. Sens head coach hopes a reignited passion for the game helps his team through the middle of the season, into playoff spot

Dave Cameron is preaching simplicity as the Ottawa Senators head out on a four-game, nine-day road trip.

Ottawa (16-15-7) is currently six points behind eighth-place Toronto (21-16-3) in the Eastern Conference standings but Cameron said his team can't afford to look too far ahead. The Senators kick off their road trip Tuesday night against the Philadelphia Flyers (14-18-7), another team struggling to get into the playoff picture.

"I never look at it as a group of games," said Cameron. "I look at it as the next game and we have to get on a bit of a roll here."

Quoted

"That one shift off can cost you the game and ultimately miss the playoffs.... You have to be mentally focused to not take a shift off."

Senators defenceman Chris Phillips on the intensity late in the regular season

"Our team isn't at the point where we can start looking at we should beat this team, we should beat that team. No, we have to prepare to beat every team and it's going to come down to how we play."

Ottawa is 5-4-2 since Cameron took over as head coach Dec. 8 but Cameron is far from satisfied. He believes a team's work ethic is a mirror to its effort in a game and Monday an unimpressed Cameron stopped practice and emphasized the importance of doing things right.

"It's about detail and it's about reminding," Cameron said. "The biggest thing you do in this profession is repeat, repeat, repeat and the other challenge is the length of the season so sometimes you have to as a coach generate emotion and the only way you generate emotion is if you're emotional."

"I felt there was a few things we could get better at and when you bring emotion into it I think it gives the players a little push that he's serious here and sometimes you have to do that."

The players are aware time is starting to run short but don't believe any one stretch of games is more important than the other.

"(This road trip) is as pivotal as the last four we played," said defenceman Chris Phillips. "Everything is big."

"We're in a situation right now where we have to win more games than we lose to get us back in the playoff run."

THE CANADIAN PRESS



Senators coach Dave Cameron gives instructions to his players during a game against the Kings on Dec. 11. The Sens play the first of four straight road games on Tuesday in Philadelphia. FRED CHARTRAND/THE CANADIAN PRESS

Broncos healthy, ready to saddle up after bye week



Peyton Manning, left, and the Broncos beat Andrew Luck and the Colts to begin the regular season. The Broncos head into Sunday's rematch fresh from a bye week. JUSTIN EDMONDS/GETTY IMAGES

Judging by the scarcity of players working with strength and conditioning coach Luke Richesson to the side, the bye week did the battered Denver Broncos an abundance of good.

Denver had listed 22 players on its injury report before the season finale against Oakland, when safety David Bruton Jr. and left guard Orlando Franklin sustained concussions.

Those were the only players who weren't between the lines Monday when the Broncos (12-4) began preparations for their playoff game against Indianap-

olis (12-5).

Most notable among them were Peyton Manning (age 37) and top tackler Brandon Marshall (sprained foot). Manning sat out all of last week's workouts and Marshall practised for the first time since getting hurt at San Diego on Dec. 14.

"Yeah, it was much needed," said fourth-year safety Rahim Moore. "I needed it, our team needed it, especially guys like Peyton, who's been playing since I came out the womb."

Lest that gets back to the five-time MVP, Manning might

Time heals

Julius Thomas, who has been bothered by a bum ankle, was among the Broncos who most appreciated the bye.

- The tight end was instrumental in Denver's regular-season-opening win over Indy with three touchdown catches.

want to know Moore also compared him to a luxury sports car roadster, not an old jalopy.

Moore said the bye "was good for Peyton because it re-charges him, makes him feel refreshed. He's an older guy. He needs it. You can't run a Ferrari — or no, a Bugatti — too much. He's our Bugatti. That's how Peyton is to his team, so you've got to give him some rest."

After the tune-up, the Broncos are eager to rev that engine again.

"We've got to get back to work," Moore said. "We went from 100 (m.p.h.) to zero. Now we're trying to get back to 100."

THE ASSOCIATED PRESS

NBA. Toronto Raptors limp home after pair of blowout road losses

After the Western Conference road trip from hell, the Toronto Raptors are due for a little bit of home cooking.

And thanks to the NBA schedule makers, that's just what they'll be getting. Starting with Thursday night's game against the Charlotte Hornets, the Raptors play six straight games at the Air Canada Centre.

It's part of a relatively gentle stretch for the Raptors, who are licking their wounds after going 2-4 on their recent road trip, which concluded with a pair of blowout losses to the Golden State Warriors and Phoenix Suns.

"It is what it is. We lost some games we could have won. We won some games that were good wins but we didn't build off it," was point guard Kyle Lowry's assessment after the Raptors were manhandled

In the past



"We can't dwell on it. It's a tough stretch and without our all-star, it caught up to us a little bit. But we have a few games where we have to make up for it on the home floor."

Point guard Kyle Lowry on the Raptors' 2-4 western road trip

125-109 by the Suns Sunday night.

The Raptors need to shake off the losses (which came with DeMar DeRozan sidelined by injury) and look to get a spark at home, Lowry added.

TORSTAR NEWS SERVICE

Cycling. New velodrome is the star of Canadian championships: Harnett

Canadian cycling star Curt Harnett likens it to being out on the water in a canoe on a calm day. "When the water is like glass ... just that feeling of no resistance, sort of like floating on air," Harnett said.

The feeling of racing on a world-class track is unlike any other, said the three-time Olympic medallist, who was one of the first cyclists to ride on the new Cisco Milton Pan Am/Parapan Am Velodrome when construction was completed a few weeks ago.

The gleaming \$56-million facility west of Toronto was built for this summer's Pan American Games, and is getting

Adrenalin rush

"It was a pretty spectacular moment for me; it was hard to believe that we would ever see something like this back in Canada."

Canadian cycling star Curt Harnett on the new Cisco Milton Pan Am/Parapan Am Velodrome

a test run at the Canadian track championships this week. The event may have brought together many of Canada's top athletes, but the track is truly the star of the show.

THE CANADIAN PRESS

Serie A

Podolski on loan to Inter Milan

Germany international Lukas Podolski has joined Inter Milan on a loan deal from Arsenal, giving new Nerazzurri coach Roberto Mancini a boost in attack.

Inter announced Monday that all the paperwork had been completed for the striker to stay with the club through June. Podolski could play for Inter against Serie A leader Juventus on Tuesday. THE ASSOCIATED PRESS

Hopman Cup

Williams recovers after first-set loss

Feeling lethargic and jet-lagged, Serena Williams decided a coffee might perk her up after losing her first set 6-0 at the Hopman Cup. It worked. Williams recovered to beat Flavia Pennetta 0-6, 6-3, 6-0 in Perth, John Isner followed up with a 5-7, 7-5, 7-6 (4) win over Fabio Fognini and the pair won the doubles for a 3-0 win over Italy in Group A Monday. THE ASSOCIATED PRESS



Canada's Dylan Carreiro challenges Lewis Baker of England during a under-20 friendly match on Nov. 12 in Bournemouth, England. Canada enters the CONCACAF Under-20 Championship later this week without top players Carreiro and Fraser Aird. BEN HOSKINS/GETTY IMAGES

Key Canucks out of U-20 World Cup bid

Soccer. Canadian midfielders Dylan Carreiro, Fraser Aird not released by their clubs ahead of CONCACAF championship

Canada will have to do without two of its top guns at the CONCACAF Under-20 Championship, which opens Friday in Jamaica.

Captain Dylan Carreiro (Dundee) and fellow midfielder Fraser Aird (Rangers) were

Tweet

"Sad to not be involved in the qualifiers, but I am more than positive the boys will do the job and get us to the World Cup in June."

Canada midfielder Dylan Carreiro

not released by their clubs.

"(I'm a) bit disappointed to lose some key characters with clubs not releasing them but it will provide opportunities for talented players to step up and prove they can apply themselves at this level," Canadian coach Rob Gale said Monday.

Teams do not have to release their players for FIFA youth competitions.

Canada opens Saturday against Haiti in Group B play with games to follow against Mexico, El Salvador, Cuba and Honduras. Group A features host Jamaica, Trinidad and Tobago, Aruba, Panama, the U.S.

and Guatemala.

The group winners move to the tournament final and advance to the FIFA U-20 World Cup in New Zealand. The second- and third-place teams will cross over to play the second- and third-place countries from the other group to decide the final two World Cup spots from North and Central America and the Caribbean.

Canada has not taken part at the FIFA U-20 championship since it hosted the event in 2007, when it failed to score a goal or pick up a point.

THE CANADIAN PRESS



Liverpool's Steven Gerrard
JULIAN FINNEY/GETTY IMAGES

Steven Gerrard starts Liverpool farewell tour with a bang

Steven Gerrard began his Liverpool farewell tour by scoring twice to give his club a surprisingly hard-fought 2-1 win over fourth-tier Wimbledon Monday.

Playing in his first game since announcing he will leave the club at the end of the season, Liverpool's longtime cap-

tain curled in a trademark free kick in the 62nd minute to secure the win against a tenacious and ambitious Wimbledon side.

Gerrard had put his team ahead with a header in the 12th minute, but Adebayo Akinfenwa gave the hosts a

deserved equalizer in the 36th by tapping in after goalkeeper Simon Mignolet failed to clear a corner.

In Monday's other game, Burnley held Tottenham to a 1-1 draw to force a replay between the Premier League sides.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Serious thoughts should be shoved to the back of your mind today. This is not a time to focus on money or career matters, this is a time to indulge in life's lighter side.

♉ Taurus

April 21 - May 21

If you can afford the time and money this is a good time to take a vacation.

♊ Gemini

May 22 - June 21

You will find yourself at odds with someone in a position of authority today and you may have no choice but to back down, even though you believe you are in the right.

♋ Cancer

June 22 - July 23

You need to stay on your toes both physically and mentally, because unexpected events will test you to the limit.

♌ Leo

July 24 - Aug. 23

Dealing with other people's problems will take up a large slice of your time today and while it may be a bore it will also put you in the good books of people whose help you may need in the future.

♍ Virgo

Aug. 24 - Sept. 23

You need to get tough with someone who seems to delight in placing obstacles in your path. Let them know that if they can't be a team player then there is no point in their hanging around.

♎ Libra

Sept. 24 - Oct. 23

What is right for other people won't necessarily be right for you today, so don't follow their example just because you think it is expected of you.

♏ Scorpio

Oct. 24 - Nov. 22

It does not matter what level you are on at this moment, you are very much on the up. So keep climbing.

♐ Sagittarius

Nov. 23 - Dec. 21

Don't let other people's complaints and criticisms get to you today. You may look confident on the outside but a worm of doubt is burrowing its way into your mind and your rivals will play on that if you give them the chance.

♑ Capricorn

Dec. 22 - Jan. 20

You may be in a positive mood at the moment but one particular person desperately needs cheering up. Whatever it is that is wrong help them see it is of no real consequence.

♒ Aquarius

Jan. 21 - Feb. 19

Anyone who tries to tell you what to do today will soon be wishing they had kept out of your way.

♓ Pisces

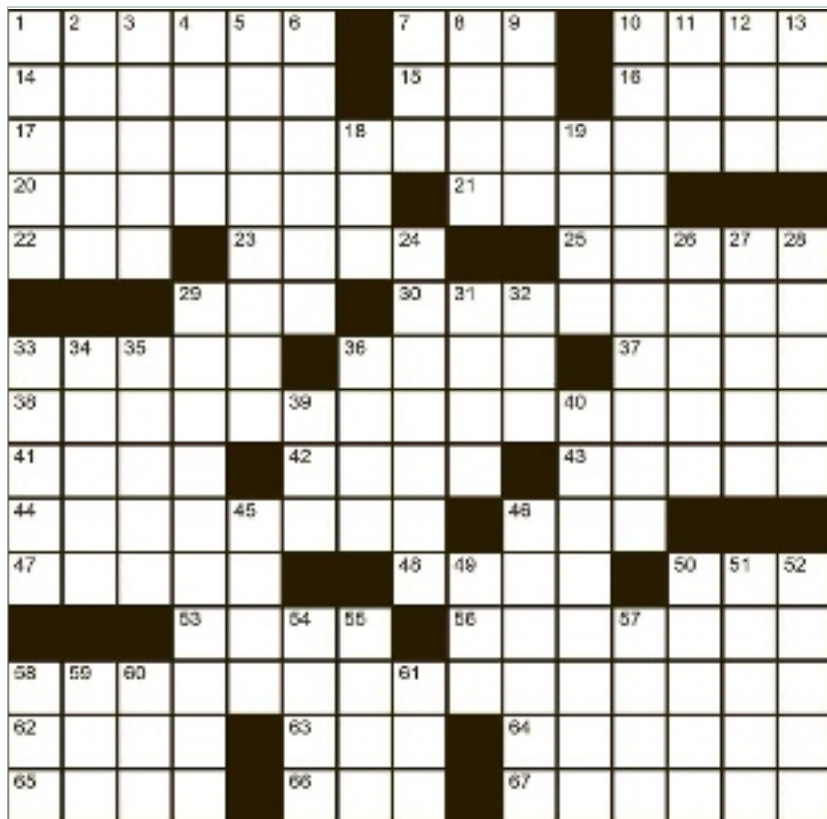
Feb. 20 - March 20

Mixed signals are likely today and you could find yourself laughing when others expected you to be sad.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Geeks
7. Gird
10. Canadian singer/songwriter Steven
14. Imp
15. Q. "Is 'B' the first letter?" A. "___, '___' is."
16. Van Halen drummer
17. 1887 novel in which Sherlock Holmes makes his debut: 4 wds.
20. Dough prepper
21. Arctic seabird
22. Dawn goddess
23. Invitation letters
25. Flees
29. 15th Prime Minister's monogram
30. Saskatchewan town
33. Stars, in Latin
36. Be in harmony
37. Person being taken for granted
38. Coaches puller, as per #29-Down: 2 wds.
41. Hagar The Horrible's daughter
42. Jazz vocalist Ms. Anderson
43. Ms. Gilpin's of "Frasier"
44. Katniss ___ (Jennifer Lawrence role)
46. Lucy's hair hue
47. Make the score even again
48. Actor Will
50. Clothing size choices
53. 'Within'-meaning

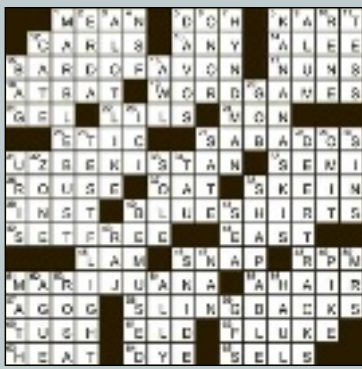


Down

2. "Hey! That ___ accident!"
3. Actor Rob
4. S. Amer. country
5. Nightmare: 2 wds.
6. Most cunning
7. Ms. Jillian
8. Katharine of "The Graduate" (1967)
9. The ___ (Cabaret style theatre in Charlottetown)
10. Partook in the activity at #58-Down
11. ___-inclusive
12. "Gosh!"
13. Office tel. line
18. Mr. Berlin, briefly
19. Canberra's country, curtly

24. Setting a dollar amount
26. Group ruled by Odin
27. Rome's coin-collecting fountain
28. Daggers
29. ___ Central Railway (Operating vintage train attraction in Winnipeg)
31. Hautbois
32. Theological sch.
33. Peter of '60s pop duo Peter and Gordon
34. Kitchen appliance
35. Dogma
36. "By ___, I think she's got it!"
39. Whopper
40. The Merry Widow, for one
45. Athapaskan-speaking people of the Northwest Territories
46. Put new actors in roles
49. Geological period
50. Fish of brackish waters
51. Whale type
52. Particular printer
54. Cook's li'l quantities
55. Prince album: 'Sign '___' Times'
57. Affectations
58. ___ diving
59. Mauna ___ (Hawaiian volcano)
60. Lodge
61. Chemical suffix

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

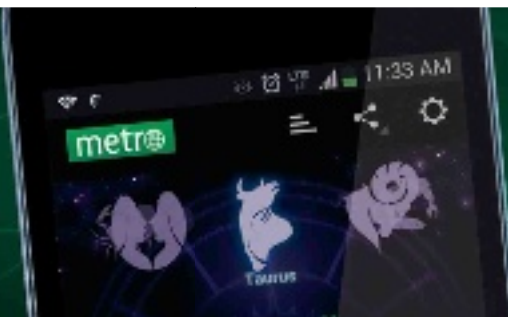
Yesterday's Sudoku



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metro



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Congratulations to Team Canada for their gold medal win at the World Juniors.
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